

The Needs Review

Use the Needs Review on the following page as a starting point for assessing your own situation. If you don't agree with something there, or feel that something is left out, then adjust it so that it works best for you.

When you have completed the Needs Review, choose two or three needs that you would like to meet more fully. For each one, ask yourself the following questions and write down your replies:

- How do I feel when this need is not being met?
- How do I feel when this need *is* being met?
- What difference would it make if I took better care of this need?
- What are the implications if I continue *not* to take care of it?
- What would be involved in getting this need met more fully?
- How would I like things to be in three months' time, and that is achievable?
- What steps can I take this week to start to improve things?
- What support do I need in order to make this a sustainable change?

Now start to make changes. Remember that the journey of a thousand miles begins with the first step. So take your first steps now, whether they are baby ones or huge strides

Needs Review

Score each item, out of 4, for how much you feel that need is currently being met in your life.

Be honest about how you feel about it and don't compare yourself to how you think it 'should' be.

Physical Needs

Rest and Relaxation	___
Diet	___
Exercise	___
Healthy Environment	___
Touch and Sexuality	___
Total	___ / 20

Emotional & Relatedness Needs

Companionship	___
Fun and Recreation	___
Listening and Understanding	___
Appreciation and Respect	___
Contributing to Others	___
Total	___ / 20

Cognitive and Mental Needs

Stimulating Conversation	___
Stimulating Reading / TV / Movies	___
Problem Solving	___
Exercising Curiosity / Learning new things	___
Planning, Control and Order	___
Total	___ / 20

Aesthetic, Creative and Expressive Needs

Beauty in Environment	___
Appreciating Art / Music / Theatre	___
Creating Things and/or Ideas	___
Self Expression / Performance	___
Making a Difference in the World	___
Total	___ / 20

Spiritual Needs

Gratitude / Celebration	___
Prayer / Meditation / Quiet Connecting Time	___
Time in Nature	___
Inspiration, Meaning and Purpose	___
Practising Kindness and Generosity of Spirit	___
Total	___ / 20

Grand Total ___ / 100